Urgent care

Neck exercises
To complete the neck exercises below, make sure you are in a sitting position.

A) Turn your head to one side until you feel a stretch. Hold for 5 - 10 seconds and then relax and do the same on the opposite side. Repeat 5 - 10 times.

B) Tilt your head towards one shoulder until you feel the stretch on the opposite side. Hold in this position for 5 seconds then do the same on the opposite side. Repeat 5 - 10 times.

C) Bend your head forwards until you feel a stretch behind your neck. Hold in this position for 5 - 10 seconds then relax. Repeat 5 - 10 times.

D) Bend your head backwards as far as is comfortable and hold for 5 seconds then relax. Repeat 5 times.

Head lifts

Lie on your back on a bed or on the floor (with a folded towel or pillow under your head, if more comfortable). Gently press the back of your head towards the floor while pulling in your
Neck exercises

Do not clench your teeth while doing this exercise.

Chin tucks

Sit or stand with good posture and tuck your chin in but don’t look down. Gently pull your head back as though nodding your head or trying to make a double chin. You can put your hand on your chin for a guide if needed. Hold in this position for 5 - 10 seconds then relax and repeat 5 - 10 times.

Shoulder lifts

Either sit or stand and lift your shoulder towards the back of your head in a shrugging motion then relax. Repeat 5 times.

Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.
For further advice please contact:

Abingdon Minor Injury Unit 01865 903 476
Henley Minor Injury Unit 01865 903 755
Witney Minor Injury Unit 01865 903 841
Wallingford First Aid Unit 01865 903 471
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This service is part of our Older People Directorate.